

# Report of Canoe Slalom Development Program TIP World Summer Tour 2016 - June, 3<sup>rd</sup> to 26<sup>th</sup> 2016



## **A. Participants, place and period**

The camp held from 3<sup>rd</sup> to 12<sup>th</sup> in La Seu for the World Cup 2, from 12<sup>th</sup> to 26<sup>th</sup> in Pau for the World Cup and one extra week for training.

We collected athletes in Toulouse airport on our way to La Seu. All athletes were present except Norway (school commitments) and South Africa (visa issue)

|    |         |         |             |             |
|----|---------|---------|-------------|-------------|
| 1  | Africa  | MAR     | Soudi       | Mathis      |
| 2  |         | SEN     | Bourhis     | Jean-Pierre |
| 3  | America | MEX     | Reinoso     | Antonio     |
| 4  |         | CHI     | Echeverria  | Andraz      |
| 5  | Asia    | THA     | Duanglawwa  | Atcharaporn |
| 6  |         | TPE     | Chung       | Yu-Han      |
| 7  |         | KOR     | Bak         | JaeHyeong   |
| 8  |         | TPE     | Chin-Han    | Liu         |
| 9  | Europe  | HUN     | RÁCZ        | Koppány     |
| 10 |         | GRE     | Zisekas     | Panagiotis  |
| 11 | Oceania | FIJ     | Tuiraviravi | Daniel      |
| 12 |         | ICF-FRA | Hives       | Lucas       |
| 13 |         | ICF-FRA | Dupras      | Titouan     |
| 14 |         | ICF-FYR | Nikolovsky  | Atanas      |

Transportation was made thanks to a van rent and Jean-Pierre Bourhis who kindly transported paddlers to la Seu in his own car.

Accommodation/Full boarding in La Seu was at La vallira (Youth Hostel)

Accommodation in Pau was at the Lycée de Gélos. Food was provided at the school or at the Aygo (restaurant of the venue)

## **B. First step in la Seu**

First day we are starting with a meeting and with a small training on flat water. The goal was to test all guys.

The second Day in Arfa, we decided to do three team:

- First kayak men competition: Panagiotis, Daniel, Mathis, Andraz and Bak (JaeHyeong)
- Second C1H : Chin-han, Jean pierre ( coach athlete)
- Third the other: Antonio, Koppàny, Zoë (Yu-Han), Maï (Atcharaporn)

First training in the course of La Seu was difficult for all. New course, tiny and with a fast stream, they must adapt stroke and thinking more about the good way to choice.

For the four trainings in la Seu we are doing:

- First slot: discovery navigation (try the move on the river)
- Second slot: third part on the course with technical retour for all
- Third slot: half on one part (the top or this end of the stadium)
- Last slot: half on the other part.

Some problem arrived soon: Mathis and Zoë don't speak and understand English.

It's then recommended for the next year a huge improvement of their English level and language.

On our way back to Pau, we stopped for one training in Sort.

### **C. Second step in Pau**

The preparation of the race and the training were great. Some athletes had motivation for training but sometimes they don't respect the rules and the schedule, thus coaches had to remind strongly some paddlers of the required obligations due to living in a group.

As usual for a week of world cup preparation training slots are few. Thus, we organized some different trainings on different venues around Pau.

The following week of the World Cup was dedicated to a maximum time spent on the water: 2 sessions/day on the international venue and 2 days to St Pé (20 kms away).

This extra time with more time on the water is crucial for the development of the athletes. It's a priority in their needs to improve.

### **D. Different points to notice**

#### **About the Slalom race**

All of the paddlers had have advices on their race. There was just Zoë who hasn't had advices and technical returns as she could not understand the meeting point and the time.

Qualification design was hard but they had done a good race like Mathis (28th Run 2) without touch and with great time, then Daniel (39th Run 2), who finished at 20 second of the winner, then Andraz (43th Run 2), Panagiotis (46th Run 2), Antonio (48th Run 2), Koppàny (56th Run 2). Except Bak, all of them did not score fifty, this is a positive result.

#### **About passing on knowledge**

During the two weeks, we had the chance to doing four meeting with coach (Campbell Walsh), former athletes and Olympic paddlers for Rio (Richard Hounslow, Joe Clarke, Fiona Pennie, Jure Meglic, Tony Estanguet). The team appreciated to exchange with them. Behind this, the goal was to show different ways to become one of the best slalom paddlers in the world.



Training session with tony

### **About Slalom X**

Paddlers attended the Slalom X in Seu and Pau and they enjoyed a lot. As some of them have a creek background they did good races and they shown that Slalom X could be a way to perform with a lower level in Slalom for countries that are not yet on the first stage of Slalom field in the world.

### **About the white-water sprint race**

Due to some miscommunication between the different stakeholders of white-water sprint on national and international levels, the group could not get white-water boats on time. Thus, the decision was made to withdraw athletes for the race as we were worried about injuries

Last week (training camp in Pau): We had a busy schedule with two slots on the stadium per day. Tuesday morning but we were training in the natural stadium of St Pé de Bigorre.

We stayed focus on the stadium this week but the athletes who just start the slalom needed to paddle on smaller rivers like Zoë, Koppàn, Atcharaporn. They can do lots of basic moves and exercise they can apply on the big stadium.

### **Bracsa Donation**



Zoe from Chinese Taipei, Mai from Thailand, Antonio from Mexico, Panaiotis from Greece

As every year for 4 years now, Bracsa company is donating competition paddles for the TIP group. We thank them for this high-level equipment

### **E. Conclusion**

Finally, this year we meet young paddlers who have the motivation for doing the races and going on the water. This team have a good potential for the future and this is the spot for the Olympic game in Tokyo.

We thank all the persons from the organisation committee especially Marianne and Cindy !

#### The coaching crew

Titouan Dupras (France)

Lucas Hives-Sorin (France)

Atanas Nikolovski (Makedonia)

Jean-Pierre Bourhis (Senegal)